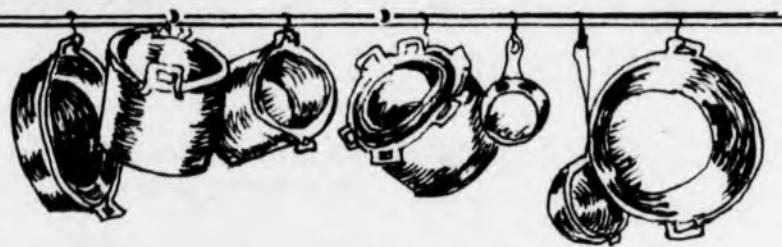


from the kitchen

By Joan Pinkham



At long last — March. Faced with blustery winds and the final throes of winter, what we don't need right now is another problem. Yet, sometimes it seems psychiatrists go out of their way to create neuroses for us. Now they warn that we all need lessons in how to use our leisure. Seems they're concerned that we might become bored, lonely or depressed.

One solution will, of course, cost money, for Constructive Leisure, a Los Angeles consulting firm, is making a business of showing their clients how to spend their free time wisely. Chances are, their first bit of advice would be to get a hobby.

Joan Smoot's interest in cooking began in her mother's kitchen when, as a girl, she was given a free hand as long as she cleaned up afterwards. The interest she developed has gone beyond the hobby stage to the point where she now presents small gourmet cooking classes in her Norwell

home. Joan has just returned from a strenuous week of lessons at LaVarenne, a French cooking school.

"It's not a beginner type thing — they put you in the kitchen and with the help of interpreters, the chefs who come from all over France make you work like dogs," she says. These respected pros not only teach how to cook, but instill in their pupils the French people's love of good food. A full week of lessons found young people from all over Europe making pastries and preparing meat and fish. Joan will be looking for other enthusiasts to accompany her next year when she returns to Paris.

Volunteer work is always waiting in the wings for those with free time. Just a few hours a week can make a difference in your life as well as others. One of the by-products of volunteer work is being swept up in a common effort and sharing the work with others. If ever there was a supportive group, it was the one I chaired for the last Community League luncheon. Above and beyond the call of duty were the hours they spent preparing the Valentine Day's luncheon we served to 50 League members and guests. Eleanor Freeman's centerpieces, Hope Poor's marketing, Meri Paine's waitressing and Mary Kirkland's myriad duties were all appreciated. Esther Bailey did the dessert, Yvette Egelhoff the quiche and Marge Clark this

molded salad — delicious all. This Cranberry Raspberry Salad Mold serves 12.

1 large pkg. [6 oz.] raspberry jello

1 small pkg. [3 oz.] lemon jello

2 c. boiling water

1 pkg. [10 oz.] frozen raspberries

1 jar, [14 oz.] cranberry orange relish

1 can, [1 lb. 4 oz.] crushed pineapple

Dissolve gelatine in boiling water. Add frozen raspberries and stir until melted. Add rest of ingredients and mix well. Pour into mold and chill until firm.

Getting the most satisfaction out of your free time means different things to different people. For some, escapism is getting lost in a good book, while to the more energetic, tennis, jogging, or racketball spell fun. To spend an evening with friends, enjoying each other's company and sharing a pleasant meal is always appealing and desserts such as Grace Carty's torte, can make any meal a pleasure. This serves 12 and may be made the day before, adding topping before serving.

1/2 c. sugar

1/4 c. butter or margarine

1 1/2 c. graham cracker crumbs

Line 13 X 9" pan with mix.

Cream together:

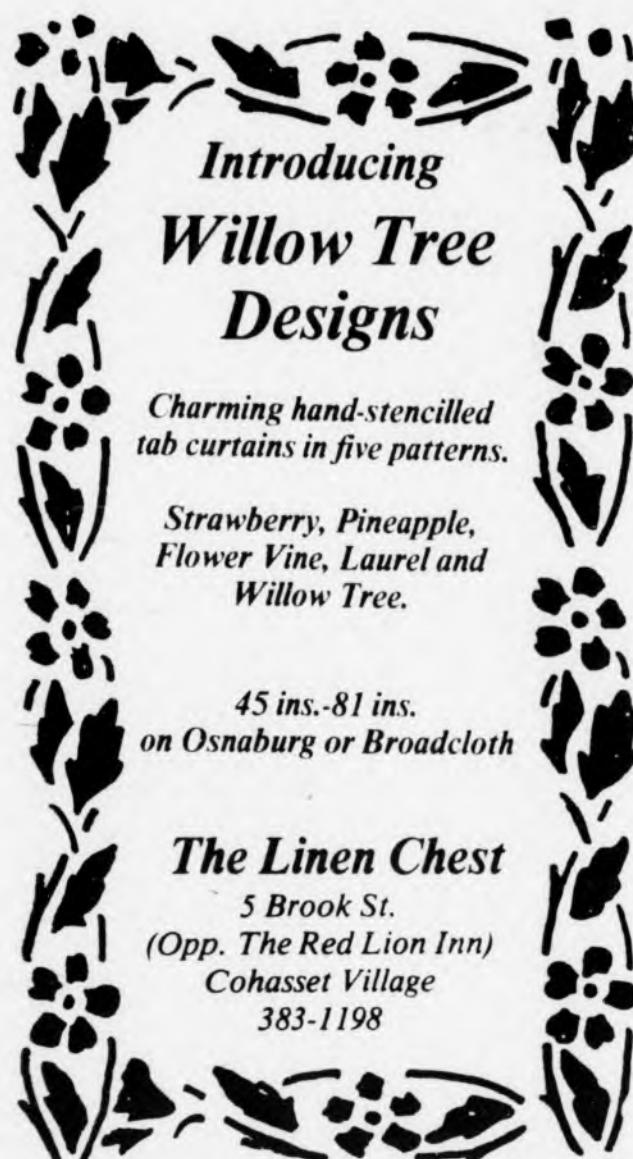
2 eggs

1 [8 oz.] pkg. cream cheese, room temperature.

1/2 c. sugar

1 tsp. vanilla

Beat eggs, add cheese, sugar and vanilla, beating well. Spread over crust. Bake for 20 min. in 350 degree oven. Cool. Spread pie filling of your choice over top and chill well. Before serving, top with whipped cream.



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